

#LA947 991107 Be in Command!

Yogi Bhajan, Ph.D. - November 7th, 1999 - Los Angeles, CA, USA

MEDITATION - For Self-Control Part I - Cross Your Barrier

Sit straight in a cross-legged position. Lock your hands in Bear Grip in front of the forehead, with elbows out to the sides, raised above shoulder level. Make an "o" of your mouth and inhale through it as you straighten the arms upwards. Exhale through the nose as you return to the starting position. Close the eyes and meditate on the sound of the breath. Continue for 3 minutes. To end, inhale deeply, hold, stretch your hands and your spine. Cannon Fire Exhale. Relax.

Move very systematically and rhythmically so all disease can be burned out of the blood. Listen to the sound of the Breath of Life—this can do more for you than the movement. Become part of the total energy. Do not lose courage. Test your grit. Cross the barrier! continued

These exercises are re-vibrating and re-shaping your being with the tool of the Breath of Life. We are doing them to break that line beyond which you cannot go. To cross that limited space to become unlimited. To cross that defined state of mind to become infinite.

Part II - Shiva Shakti Kriya

Brings the hands together in front of your mouth in a lotus bud shape: fingertips and base of the hands are touching creating a ball shape, thumbs are together. Elbows are relaxed down. Make an "o" of your mouth and inhale through it as the thumbs (the lingam, the male organ) go inside the space between the hands (the yum, the female organ). Exhale as you extend the thumbs toward the mouth. Continue for 3 minutes.

Anytime you do this exercise it will energize and re-cooperate your physical health.

Part III - Recharge

Raise both arms to the sides at 60 degrees angles with no bend in the elbows, palms facing forward, fingers spread open and tight like steel. The tighter the fingers are, the more perfectly the energy will prevail. Make an "o" of your mouth and breathe with full-strength. Receive energy from the heavens and earth to recharge and become strong. Continue for 3 minutes. To end, inhale deeply, hold and let this breath circulate throughout your being. Cannon Fire Exhale. Relax.

You need to be in your control. If you practice this meditation, it will help you. You can do these three exercises each morning in bed to revive and renew yourself for the whole day. And the whole day you can be just charming, energetic, together and real. You will not be.

Knowledge belongs to those who practice, and foolishness belongs to those who do not. Knowing is not enough. Experience is.

